



## Behavioral Health Equity Best Practices for African Americans

### Frequently Asked Questions (FAQs)

Monday, February 5, 2024

- 1. Is there an initiative to incorporate specifically Black biracial children and their caregivers?**
  - a. SAMHSA does not have a specific program for Black biracial youth, but this population is included in our youth-focused grants. SAMHSA conducts a large-scale annual survey that does include multiracial youth aged 12 and above.
    - i. Visit this webpage for the available data: <https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health>
    - ii. SAMHSA website: [www.samhsa.gov/data](http://www.samhsa.gov/data)
    - iii. If you are interested in AAKOMA project, visit: [www.aakomaproject.org](http://www.aakomaproject.org). This project has a specific focus on multiracial youth. The State of Mental Health for Youth of Color report provides data specific to multiracial youth along with strategies and approaches to supporting the mental health of Youth and Young Adults of Color.
- 2. Is there a list of culturally responsive mental health assessment scales for youth?**
  - a. Visit [www.NIMHD.gov](http://www.NIMHD.gov) and review the recent report containing a Social Determinants of Health set of scales.
- 3. Are there any initiatives to increase the number of African Americans working in the behavioral health field such as scholarships, loan forgiveness, etc.?**
  - a. SAMHSA supports the Minority Fellowship Program. Each year some 400 fellows (master's-level or postgraduate students) are accepted into the program. For more information visit: <https://www.samhsa.gov/minority-fellowship-program>.
- 4. How might a school counselor be able to utilize their certifications/licenses to support mental healthiness in our public schools?**
  - a. One of the ways that school counselors can utilize their knowledge and skills is to facilitate small groups on a plethora of mental health topics. Designing a Quarterly Chew and Chat focused on mental health and inviting guest speakers might be an option.
- 5. Many patients (especially people of color) are unaware of evidence-based treatments for substance use disorders (SUDs) including opioid use disorder (OUD) like methadone and buprenorphine as well as counseling and supports. What is SAMHSA's approach to educating and empowering underserved communities who want and need data-driven SUD/OUD treatment and recovery services?**
  - a. SAMHSA supports the use of data in service delivery. The National Survey on Drug Use and Health (NSDUH) data provide estimates of substance use and mental illness at the national, state, and substate levels. NSDUH data also help to identify the extent of substance use and mental illness among different subgroups, estimate trends over time,

and determine the need for treatment services. Visit:

<https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health>

- 6. The homeless population is experiencing overwhelming barriers, what resources are accessible for them?**
  - a. The Substance Abuse and Mental Health Services Administration (SAMHSA) is one of the leading federal agencies addressing the issue of housing stability for individuals with serious mental illness, in addition to the U.S. Department of Housing and Urban Development (HUD) and the United States Interagency Council on Homelessness (USICH). Access to SAMHSA-supported resources can be found here:  
<https://www.samhsa.gov/homelessness-programs-resources>
- 7. Are there any resources for a list of culturally adapted, evidence-based, trauma and resilience interventions that providers can use when working with Black clients/patients and families?**
  - a. Check out the following interventions and resources:
    - i. African American Center of Excellence website for resources:  
<https://africanamericanbehavioralhealth.org/index.aspx>
    - ii. NNEDshare: <https://share.nned.net/>
    - iii. A new report from the U.S. Department of Health and Human Services (HHS), through the Substance Abuse and Mental Health Services Administration (SAMHSA), National Guidelines for Child and Youth Behavioral Health Crisis Care. This report describes the urgent need to improve crisis response services for children, youth, and families and provides guidance on how communities can address the existing gaps in care for youth. Visit here for detail:  
<https://www.samhsa.gov/newsroom/press-announcements/20221110/hhs-releases-new-national-guidelines-improving-youth-mental-health-crisis-care>
    - iv. Additional SAMHSA Resources: <https://www.samhsa.gov/newsroom/press-announcements/20221110/hhs-releases-new-national-guidelines-improving-youth-mental-health-crisis-care>
- 8. Are human service organizations/nonprofits eligible for technical assistance from the African American Behavioral Health (AABH) Center of Excellence (CoE)?**
  - a. Yes, they are eligible. Visit: <https://africanamericanbehavioralhealth.org/>.
- 9. How do I learn more about the AABH CoE leadership program? Is the Diversity Leadership Fellows Academy currently accepting applications?**
  - a. Visit: <https://africanamericanbehavioralhealth.org/>.
- 10. Are there grants available to support informing the community and families on social media safety and self-confidence through mental health advocacy?**
  - a. The AABH CoE is working on a resource around social media and mental health. Please visit [www.africanamericanbehavioralhealth.org](http://www.africanamericanbehavioralhealth.org) and put in TA request to receive the information once it's published.
- 11. Are there plans to duplicate what was done at Bayou Classic to other Historically Black Colleges and Universities (HBCU) events (i.e. homecoming or other events) to spread knowledge about 988 and mental health services in general?**
  - a. The Louisiana 988 Team is already talking about the next football season and ways to expand this effort to other HBCUs and events.

- 12. Are 988 awareness campaigns reaching afterschool/out-of-school time programs for youth?**
- Suicide is the second leading cause of death for young people between 10 to 24. Sometimes it feels as though your struggle is being underestimated by your age. But we hear you, and help is available. Visit this link for 988 related services and mental health organizations that support youth. <https://988lifeline.org/help-yourself/youth/>.
- 13. I would like to know more about the Trauma Informed Training for the Faith Based community. How can we gain access to that information?**
- The American Foundation for Suicide Prevention (AFSP) offers a trauma informed Soul Shop workshop. The goal of the workshop is to familiarize participants with the incidence and impact of suicide on faith communities. Soul Shop is a one-day training workshop designed to equip clergy, staff, lay pastors, and faith-bases clinicians with the resources and guidance they need to foster hope and healing in their community. For more information visit: <https://osano.afsp.org/soul-shop>
- 14. Due to the many individuals (no longer youth) who have left the church due to the trauma induced from what they've seen and experienced, are there programs available for non-faith-based?**
- These would be considered community programs who offer behavioral health services.
- 15. After running the campaign "988 Can Help," did you measure/see any increase in incoming 988 calls. Was there a way to determine if calls among people of color increased?**
- The 988 monitors call volume each week. Although there has been a steady increase in calls, chats and texts, we have been unable to connect the outreach efforts to the increase in contacts. Although the crisis center staff try to collect demographic information, we are able to capture about 20% of demo data. If interested, visit the LA dashboard: [www.ldh.la.gov/988](http://www.ldh.la.gov/988).
- 16. Has SAMHSA ever funded a fitness studio designed to help reduce the increased mental health related ER visits, substance abuse and behavioral disparities (like violence prevention)? How can I partner with and/or receive support to help my city with these issues through my gym?**
- SAMHSA has been engaging with other community settings that provide or have the capacity to provide mental health supports/messaging, e.g., barbers, hair salons, libraries, restaurants.
- 17. PLAAY stress reduction sounds like a great strategy, where can I find more information on the coping appraisal and socialization theory?**
- Visit this website for more information: <https://www.recastingrace.com/research/plaay>
- 18. Where can I find information about the NATCON24 conference in St. Louis?**
- The National Council for Mental Wellbeing Conference (NATCON24) is being held in St. Louis, Missouri from April 15- April 17th. NATCON is the largest conference in mental health and substance use treatment. Please visit this site for more information and registration: <https://natcon24.eventscribe.net/> or <https://www.thenationalcouncil.org/event/?location=in-person>
- 19. Would you please share more about your focus on LGBTQ? Also, do you happen to have any resources/toolkit on inclusive recruitment and hiring for human services employees? Thank you.**
- Visit LGBTQ+ Behavioral Health Equity Center of Excellence: <https://lgbtqequity.org/>
  - You may also email: [lgbtqequity@uconn.edu](mailto:lgbtqequity@uconn.edu).

**20. I am interested in trainings offered by SAMHSA regarding Hispanic/Latino Immigrants and Refugees, populations as well as data available per state. Does SAMHSA compile such data?**

- a. SAMHSA recently funded a Hispanic/ Latino Behavioral Health COE, they may have some data SAMHSA have a Mental Health TTC that may also have a resource. Visit: <https://www.samhsa.gov/behavioral-health-equity/hispanic-latino>.
- b. Check out the SAMHSA store which has guidance documents, issue briefs such as <https://store.samhsa.gov/sites/default/files/sma14-4820.pdf>.
- c. Trainings and webinars through the National Hispanic and Latino Mental Health Technology Transfer Center can be found here: <https://mhttcnetwork.org/centers/national-hispanic-and-latino-mhffc/home>.

**21. Are there employment or fellowship opportunities for recent graduates in the behavioral health field?**

- a. You can also find open positions at SAMHSA on this webpage: <https://www.samhsa.gov/about-us/jobs-internships>
- b. The National Network to Eliminate Disparities in Behavioral Health (NNED) also shares professional development opportunities - like jobs and fellowships on its LinkedIn group: <https://www.linkedin.com/groups/2058282/>

**22. Are there resources to support formerly incarcerated Black men?**

- a. Black Men Heal have a program specific to this population. Visit here for more information: <https://blackmenheal.org/>